

KY TEACH PROJECT

Commission for Children with Special Health Care Needs
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Lexington, KY

Phone: 859-252-3170 or 800-817-3874
Fax: 859-225-7155



EMAIL US!
kytransition@aol.com

*Do you need help finding resources or services in
your area? Here's a website that can help:*
www.kycares.net



FUN RECIPE: FROSTY FRUIT SMOOTHIE

What you need:

- 1 cup Low-fat vanilla yogurt
- 1 cup fresh, canned or frozen sliced peaches
- 1 ripe banana cut into chunks
- $\frac{1}{4}$ cup wheat germ
- $\frac{1}{4}$ cup orange or other fruit juice
- 1 cup of ice cubes

What to do:

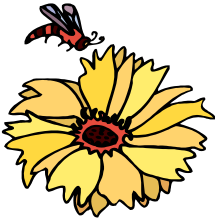
In blender or food processor, combine yogurt, peaches, banana, wheat germ, 1/4 cup orange juice and ice cubes. (or you can skip the ice cubes and use a mixer). Cover and blend about 1 minute, or until smooth. Serve immediately in a tall glass and garnish with 2 teaspoons of wheat germ (optional).

Per serving: About 290 cal, 12 g pro, 57 g car, 3 g fat, 9% cal from fat, 5 mg chol, 80 mg sod. Source: Woman's Day 'Low-Fat Meals' (Volume IV, Number 3)

Joke: What do you call a cow with no legs?

Ground Beef

If you have a joke or riddle you would like to be featured in the next newsletter, send it to us at the address at the top of this page.



KY TEACH PROJECT

Independence



CCSHCN
Spring, 2001

Want To Make More Money? Get More Education!

You've probably heard about the importance of getting an education since you started school. Sometimes when tests and homework are staring you in the face it's tempting to consider giving up and dropping out of school.

There are many reasons why education is important, but here is one that will hit you right in the pocketbook! Did you know that finishing high school instead of living on SSI can increase your future earning potential by 271%! And a Bachelor's Degree can increase your salary by 457% over SSI! Take a look at the chart below.

Education Level	Avg. Salary/Mo
SSI	\$541.67
Less Than 9 th Grade	\$1,090.67
9 th - 12 th Grade - No Diploma	\$1,238.25
High School Graduate (Includes GED)	\$1,467.75
Some College Or Associate Degree	\$1,801.00
Bachelor's Degree	\$2,474.17
Graduate Or Professional Degree	\$3,110.42

Here is an example of what it really means. In Lexington, KY, the average rent on a two bedroom apartment is \$681 per month. As you can see, that is more than the average monthly SSI check and more than half of the average monthly salary without a high school diploma! The average mortgage payment on a three bedroom home is over \$1000 per month which puts home ownership out of reach for those without a good paying job! The way to get a good paying job is to first get a good education.

The bottom line is, education pays off in the long run! It's an important thought to keep in mind as final exams roll around!

(Source: US Census data and the Greater Lexington Chamber of Commerce)

**Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:**

- Ashland**
800-650-1329
- Barbourville**
800-348-4279
- Bowling Green**
800-843-5877
- Edgewood**
888-542-4453
- Elizabethtown**
800-995-6982
- Hazard**
800-378-3357
- Hopkinsville**
800-727-9903
- Lexington**
800-817-3874
- Louisville**
800-232-1160
- Morehead**
800-928-3049
- Owensboro**
877-687-7038
- Paducah**
800-443-3651
- Salersville**
800-594-7058
- Somerset**
800-525-4279

SUCCESSFUL LIVING

Heather Mills

is a young woman who is committed to helping the less fortunate. She is a model from England who went to the area around Bosnia and witnessed the effects civil war had on the people, so she set up a refugee crisis center. In August 1993, Heather was involved in an accident. Her injuries were severe and resulted in the loss of her left leg below the knee. Realizing that her modeling career might now be over, she used her story to focus national attention on the plight of amputees. She was fitted with an artificial limb; but due to the nature of the wound changing in shape and size, the prosthetic leg had to be replaced often, and the old legs were discarded. Heather realized that there must be literally thousands of these outgrown prostheses out there just waiting for a new home. With her experiences, Heather knew that these redundant limbs would be welcome in war-torn areas. Heather instigated a nation-wide appeal for the donation of unwanted prostheses and created a program to locate these limbs and get them to those in need. Heather has been given many accolades and awards including being nominated for the **Nobel Prize** in 1996. (*Adapted from www.heathermills.org*)



Chris Blythe, a senior Eastern Kentucky University geography major from Richmond, was one of 25 college students nationwide selected this past year for the School for International Training's prestigious College Semester Abroad Program. He was one of only six to receive a \$7,500 Freeman Scholarship and the first deaf student ever chosen for any of the SIT's international study programs. He studied in rural China. (EKU bulletin, 2001)

John "Wade" Sholar, a junior political science major from Hopkinsville, was given UK's Adelstein Award at a ceremony last week. The award is given by the UK Disability Resource Center to students with disabilities who are inspirations to others. Sholar was born with an inner ear abnormality that left him hearing-impaired. A playground accident in kindergarten aggravated the problem, eventually leaving him with only 40% hearing in one ear. Sholar, who is president of his fraternity, Sigma Nu, was a member of the 2000 Emerging Leader Institute and has been active in the Student Alumni Association. He hopes to attend law school. "There should never be an excuse not to do something, not to try," he said. "Everybody should strive for what they want and never look at a disability as something to hold them back." (Lexington Herald Leader 4/9/01)



HEALTHY LIVING: The Big Difference

Many people see "health" and "disability" as opposite conditions. This idea can cause people with disabilities to assume that they can never be truly healthy. This thinking can lead to more non-healthy behaviors because people with disabilities see their health as something they cannot control. Now we know that there is not a single definition of health for all people, but different definitions based on each person's unique circumstances.

Exercise is a key factor in maintaining and improving overall health. The Surgeon General of the United States recommends daily moderate physical activity to achieve and maintain health. People with disabilities have a tendency to live less active lifestyles. Because of this, they have heart and bone problems at much younger ages than more active people. There are lots of different ways to get exercise. It doesn't matter what you choose, so long as you choose to get a moderate amount of physical activity *each day*.

There are many benefits to regular physical activity and exercise.

- Increased cardiac (heart) and pulmonary (lung) function
- Improved muscle strength and ability to perform daily living activities
- Protection against development of chronic diseases
- Decreased anxiety and depression
- Enhanced feeling of well-being
- Weight control
- Lowered cholesterol and blood pressure

A healthy lifestyle is important for **everyone!** Think about the kinds of physical activity you like. Do you like to do things alone or on a team? Do you

like long, slow activity like road racing or short bursts like basketball. Begin slowly and gradually increase the length of time you exercise and the intensity of your activity. Ask your doctor or nurse about specific concerns related to your condition.

- Find out the effects of your medication on exercise.
- Learn more about Winners on Wheels or Special Olympics. (try www.wowusa.com and www.soky.org)

If you want to learn more about exercise for those with disabilities or chronic conditions visit the National Center on Physical Activity and Disability's website at <http://ncpad.cc.uic.edu> or visit www.accesstr.com for information on adaptive equipment for exercise